**ENERGIZE!**
AND THAT DOESN'T MEAN CAFFEINE {page 10}



# TALKER
## PIERS MORGAN ON TAKING OVER FROM LARRY KING {page 7}



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# Protest trying to put brakes on ban

**No parking allowed on city streets from 1 a.m.-7 p.m. 3,638 tix issued this winter**

RYAN TAPLIN/METRO



▶ Bar owner Victor Syperek poses for a photo on Argyle Street in Halifax.

Victor Syperek says he doesn't know a single person who supports the overnight winter parking ban.

And he's hoping like-minded people will join him in signing a petition against the ban at the Seahorse tomorrow night.

Syperek is organizing a "Stand Against the Ban" rally at his Argyle Street pub.

He's hoping local bands, comedians and other artists will come down to the Seahorse and offer their thoughts on the highly debated ban starting at 9 p.m.

He said yesterday the ban unduly penalizes businesses open to the wee hours of the morning.

"All of the business downtown run to at least 2:30 (a.m.), and some of them until 4 a.m.," said Syperek. "Can you imagine putting a parking ban on the city at one in the afternoon, what that would do to business? Well, it's exactly the same thing."

Unlike some of his staff and designated driving patrons, Syperek said he can walk home from his establishment. In fact, it was walking home from an establishment late on Dec. 23 that precipitated an argument between himself and police issuing a snow ban ticket in the rain.

The interaction landed him in the drunk tank for the night.

He said it's not the night in jail he's arguing against — "I'm not saying I think I deserved it, but I certainly called for it" — but the ban in general.

ALEX BOUTILIER

Vote

## Local Sudanese see hope

Early results from referendum indicate overwhelming support for secession in African nation {page 2}

## 3-point wiz eyes Final 8



Dalhousie Tigers' Peter Leighton could make AUS history with his shooting game {page 12}

## Feds take aim at mortgage rules

Tighter policies may challenge homebuyers {page 3}

## Bullock denies romance

Says she's not dating Ryan Reynolds {page 8}

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Allan Small on whether it's time to start investing in U.S. banks. More at metronews.ca/investing.

Follow us on Twitter @metrohalifax

100-year-old scotch returns from Antarctica on a private jet. Scan the code for the story.

# Sudan vote cause for joy

**Independence referendum part of 2005 peace deal that ended more than two decades of civil war between Christian south and Muslim north**

RYAN TAPLIN/METRO



▶ Alex Atiol plays a thumb piano — a traditional instrument played in his native Sudan — at his Clayton Park home yesterday.



JENNIFER TAPLIN
@METRONEWS.CA

Celebrations in Southern Sudan spread all the way to Halifax.

Early results from last week's weeklong independence referendum indicate a landslide choice for secession among the more than 3.25 million Southern Sudanese who cast their vote.

Haligonian Alex Atiol, said he's happy for his homeland.

"I think it's a good thing for Southern Sudanese because they've been fighting for nearly 50 years now to get equality and sharing of resources," said Atiol, who works at Immigrant Settlement and Integration Services and plays in a thumb-piano band.

He moved from Southern Sudan in 1992.

"They're just joyous in celebration and dancing," he said of what he's seen from the little media coverage that has made it to North America.

Atoil said he wanted to vote but only Toronto and Calgary had centres to accept votes.

"My wife just came back from (Sudan) a week ago. She said she can't sleep, can't wait for the day for them to vote."

**"I think they're optimistic they're going to get their own country this time, and I think once they get it, who else will impose war on them because it's being internationally observed."**
ALEX ATIOL, FORMER SUDANESE RESIDENT

There is still fighting in Sudan, but Atiol said he hopes the referendum, a component of a peace deal signed in 2005, will make a difference.

He said the Southern Sudanese people are happy because they finally have a chance to speak their minds.

"I hope the peace will hold and I wish food will be looked into," he said. "Hopefully the international community and the media will bring issues like this up so people can understand what's going on there." WITH FILES FROM THE CANADIAN PRESS

## Masked gunman robs hair salon

Police say a man sporting a mask had a hand gun as he robbed a hair salon in Clayton Park last night.

Halifax Regional Police say they responded to Chatters Salon at 194 Chain Lake Dr. around 7:15 p.m. A man entered the business, according to police, and demanded cash from staff working there after producing the gun.

Police say the man left with an unknown amount of money and was last seen driving away in a pickup truck described as a light beige, four-door GMC with no cap on the back.

There were no injuries. METRO

## Anti-virus calls a scam, say police

Halifax police are warning citizens about a new computer-related scam.

Police say they have received eight complaints from citizens about someone calling and claiming to be from an anti-virus company. The person phoning claims to have found a virus on the person's computer. They then offer to help, telling the customer to follow a list of instructions to correct the problem.

Police believe the instructions will allow the suspect remote access to the computer and a lot of personal information. METRO

## Union to fight cuts to school staffing

The president of the Nova Scotia General Employees Union says it doesn't matter the number — her union will be fighting any proposed cuts to staffing levels in schools.

"If it's 10 per cent it's too much. If it's five per cent it's too much," Joan Jessome said yesterday.

"To think that anything could be pulled out of the classroom in the form of support ... (members) just don't understand how the system could survive."

The province has asked school boards to report what effect a 22 per cent funding cut over three years would have on their operations.

Jessome said members from the Nova Scotia Teachers Union and the Canadian Union of Public Employees attended a NSGEU meeting yesterday, preaching solidarity in the face of the potential cuts.

Comments on the situation from Premier Darrell Dexter Sunday sparked an impassioned response from both opposition parties yesterday.

Dexter remarked school boards "have to stop bringing forward these dramatic scenarios with job cuts when they know that we would never allow those to happen."

Liberal Leader Stephen McNeil called Dexter's remarks "reprehensible." ALEX BOUTILLIER

## T-Rex Sue makes her Canadian debut

She's super old, and super popular.

Sue, the Tyrannosaurus rex on display at the Museum of Natural History in Halifax, was visited by more than 4,200 people in the first weekend.

Halifax is the first Canadian city to host the exhibit featuring a scientific copy of the most complete and best preserved dinosaur skeleton.

The exhibit runs until May 8. METRO

*For more local news, go online to metronews.ca*

**CFB Halifax.** Protest




▶ Members of the Halifax Peace Coalition stage a demonstration against the government's planned purchase of F-35 fighter aircraft outside CFB Halifax yesterday.

ANDREW VAUGHAN/THE CANADIAN PRESS

## Demonstrators protest defence

# Sorry kids, those snow days have been rare

**Few snowstorms so far this winter ◐ If school is cancelled, call normally made early in the morning**

Though students may not like it, there hasn't been any school cancellations so far this year in the Halifax Regional School Board.

And that's a bit of a change from recent years.

"I'm kind of disappointed. It's sort of something to look forward to, being cancelled now and then," said Citadel High School student Patrick Macdonald, during a break from classes yesterday. Since its amalgamation in 1996, the most cancellations the board has had was seven and a half days in 2008-09. In only one school year — 1998-99 — was there no cancellations.

**Snow days**

- **2009-10:** One
- **2008-09:** Seven and a half
- **2007-08:** Six
- **2006-07:** One

"I'm hopeful that we'll have a low number (of school cancellations), if we have any at all," school board spokesman Doug Hadley said of this year. "The way the weather looks now, and the way it's being projected for the next few weeks, I suspect we will have very few this year."

This time last year there weren't any cancellations either. In the end, there was one on Feb. 17.

For some, it's a good thing there have been no snow days, as a day off can disrupt things.

"School cancellations interfere a lot with work," said Sophie Peltekian, a fellow Citadel High student. "Like if you have something planned, or presentations are happening that day, then everything gets backed up."

Although Peltekian finds snow days inconvenient, she still hopes for one before the winter is over.

JORDAN MINX

## Complaints, support for Q104

A local radio station that defied a ruling against a Dire Straits hit by playing a Money for Nothing marathon says it's heard from some listeners who've threatened to lodge complaints.

An unedited version of the song was played repeatedly on Q104 for an hour Friday in protest of a recent decision by the Canadian Broadcast Standards Council. The independent watchdog ruled the 25-year-old song was unfit for Canadian radio because of a gay slur in its lyrics after receiving a complaint from a listener of a station in St. John's, N.L.

J.C. Douglas, program director at Q104, says a few listeners have sent emails since the marathon saying they have contacted the council and intend to file a complaint. But Douglas says even more people have contacted the station in support of its decision to continue playing the tune.

THE CANADIAN PRESS

## Hotel to shut down

A hotel in Yarmouth is closing its doors at the end of the month, throwing about 20 people out of work, the president of Rodd Hotels said yesterday. The number of guests staying at the Rodd Colony Inn has dropped dramatically since the province stopped subsidizing ferry service between Nova Scotia and New England a year ago, Mark Rodd said.

THE CANADIAN PRESS

# New rules likely to affect homebuyers



JENNIFER TAPLIN
@METRONEWS.CA

A Dartmouth mortgage broker says some new homebuyers will be challenged by new mortgage rules announced yesterday.

The amortization period will be scaled back from 35 to 30 years, reducing the amount Canadians can borrow on their first home.

"You're probably looking at $70 a month more in payments on a $200,000 mortgage," said Dartmouth mortgage broker Randy Locke.

It also means, on average, new homebuyers need $3,000 more in income to qualify for a mortgage (on a $200,000 house).

"People who are on the edge are going to be the ones most affected, but that's why (the government) is coming up with those rules is to protect those people," Locke said.

He added people will more likely put off buying a house or buy a cheaper house.

Halifax realtor Tracey Bish said she doesn't think it will make a difference for buyers because they already expect to have a 25- or 30-year amortization.

"What I do see changing is refinancing," she said.

Ottawa lowered the limit on how much money Canadians can borrow using their homes as equity to 85 per cent of the value from 90.

**'To the max'**



▶ The new rules were announced by Federal Finance Minister Jim Flaherty, left, yesterday and they will take effect March 18. They were necessary, Flaherty said yesterday, because a minority of Canadians is "borrowing to the max."

And the government will no longer insure lines of credit secured on homes as if they were mortgages.

Consumer debt has become a growing concern for government officials and economists, especially after data emerged in the fall showing Canadian debt-to-disposable income ratios now hover around 148 per cent.

That means Canadians owe $1.48 for every dollar of disposable income — what's left after mandatory government payments like taxes.

WITH FILES FROM THE CANADIAN PRESS

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ELECTION POSTURING

## On the campaign trail?

When the prime minister starts wandering around his office on camera with a Beatles mug in hand, can the blue sweater-vest be far behind?

Federal leaders are ramping up the election rhetoric, complete with leaders' tours, policy rollouts and TV ads.

The Conservatives yesterday released six ads that hit hard against the opposition, making personal attacks against Liberal Leader Michael Ignatieff, who is on an 11-day election-style tour. He dismissed the ads as "rubbish."

Meanwhile, a new Canadian Press Harris-Decima poll finds the Tories leading the Liberals by eight percentage points, 36-28, and the NDP at 15 per cent nationally. THE CANADIAN PRESS

# Outrage follows 'Baby Doc' return

SEAN KILPATRICK/THE CANADIAN PRESS



▶ Jean-Claude Duvalier and his wife, Veronique Roy, arrive at Toussaint Louverture airport in Port-au-Prince on Sunday.

### ◗ Many in Haiti fear renewed conflict ◗ Claims he wants to help

Canada's Haitian community reacted in disbelief yesterday to the news that Jean-Claude (Baby Doc) Duvalier returned to Haiti after 25 years of exile in France.

Among those expressing shock was Canada's former governor general. Michaëlle Jean has in the past spoken about being traumatized by images of blood-soaked walls during a visit to a police station where her father was tortured.

In Paris for a conference, Jean, a UNESCO envoy to Haiti, said she was "astounded" by the news and suggested the former dictator deserved to face justice for his crimes.

Duvalier, 59, ruled the country from the death of his father, François (Papa Doc) Duvalier, in 1971 until he was ousted in 1986.



**"How can he come back to Haiti without warning, like a citizen, without reproach?"**
MICHAËLLE JEAN, CANADA'S HAITIAN-BORN FORMER GG

Yesterday, he ensconced himself in a high-end hotel in Port-au-Prince, where he spoke publicly through emissaries who insisted Duvalier is merely a concerned elder statesman who wants to help with reconstruction. THE CANADIAN PRESS

# Jewish leaders decry attacks

Montreal's Jewish community fears it is being targeted in an orchestrated campaign of hatred, after three west-end synagogues, a Jewish school and daycare had their windows smashed with rocks on the weekend.

Police suspect the attacks are related. They have no eyewitnesses and are hoping surveillance video might offer some clues. THE CANADIAN PRESS

**Targeted**

- **The attacks came as some** Montrealers, including Liberal MP Marlene Jennings, headed out to buy shoes in support of a store that sells footwear made in Israel and is being boycotted.
- **B'nai Brith said the** attacks brought back "painful memories" of the firebombing of United Talmud Torah School in 2004.

# Tunisian first family turfed

HASSENE DRIDI/THE ASSOCIATED PRESS

The end of President Zine El Abidine Ben Ali's iron-fisted 23-year rule brought joy to many in Tunisia, and they were especially elated at the prospect of life without his wife and her rapacious family.

The clan of Leila Trabelsi was widely despised as the ultimate symbol of corruption and excess. The one-time hairdresser and her 10 siblings are said to have operated like a mafia, extorting money from shop owners and divvying up plum concessions among themselves such as banks and airlines, car dealerships and radio and television stations.



▶ Leila Trabelsi: Hated even more than her husband.

"They are thieves, tricksters and even killers," raged Tunis resident Mantasser Ben Mabrouk. "Their only goal was to make money in whatever way they could."

Prime Minister Mohamed Ghannouchi yesterday announced the formation of a national unity government, allowing opposition into the leadership for the first time. Ghannouchi, a longtime ally of Ben Ali's, and several ministers retained their posts in the shakeup. Ghannouchi also said that political prisoners would be freed. THE ASSOCIATED PRESS

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Metro exclusive

# A call for respect for faiths

**A special report from former British PM Tony Blair and Prince Ghazi of Jordan**

All over the world there is a struggle taking place about religion. The essence of the struggle is this: Are people of religious faith prepared to regard those of a different faith with respect and dignity and, yes, even love? Or do they regard them as enemies because they do not share the same faith as them? Because of the enormous importance of religion in the modern world, the outcome of such a struggle has immense implications for all of us.

On Oct. 20, 2010, the UN General Assembly unanimously passed a resolution declaring the first week of February World Interfaith Harmony Week. Obviously resolutions do not by themselves alter the world, but this resolution encourages people who believe in inter-religious harmony to stand up and be counted.

The resolution includes everyone in the world of all religions, faiths and beliefs, and those of no religion at all.

World Interfaith Harmony Week has potential to turn the tide against religious tensions. What can you do? If you are a religious figure, a preacher or a teacher, take up the theme of inter-religious harmony in your sermon, preaching or writing. If you would like to register your event, please do so at worldinterfaithharmonyweek.com.

If you are a layperson of goodwill, there are many things you can do that cost very little and take little time. These may include organizing a harmony breakfast for neighbours of various faiths, or merely inviting them over for a chat; organizing a multicultural bazaar; doing joint community work; reading together; praying together; talking to your own families about the need for tolerance; or going out of your way to greet someone of a different faith.

A good deed for interfaith harmony, even if the world moves in the opposite direction, is not like a vote for a candidate that loses: it still counts. It counts for the soul that did it. And it counts by creating a ripple effect of goodness.

**"World Interfaith Harmony Week has potential to turn the tide against religious tensions."**

THE ASSOCIATED PRESS



▶ Ex-British PM Tony Blair

THE ASSOCIATED PRESS



▶ Prince Ghazi of Jordan




## Bank eyes economic growth for Canada

Increased business spending will help Canada's economy grow this year, while the federal government will likely shy away from spending and focus on cutting its own debt, says a new report from CIBC World Markets.

The bank says policymakers will change rules to bring spending in line with income as it focuses on reducing debt among Canadians.

The report predicted that a slower buildup of government and household debt will cut growth in Canada's gross domestic product this year to just under 2.5 per cent.

But it added that stronger exports to the U.S. and more business investment due to recent corporate tax breaks will lead to solid and more sustainable growth.

It also says the loonie will creep away from parity for the first half of the year, as resource prices fall from their recent highs and Europe's banking problems pull down the euro. THE CANADIAN PRESS

## India taps Canadian jet maker

Bombardier is making further inroads in the world's largest democracy as Air India's regional carrier is looking to lease up to 20 CRJ-700 regional jets.

The airline has requested tenders to lease up to 20 planes from Bombardier as it prepares for increased travel demand in the country.

The leases would be for five years, The planes could be delivered starting in the third quarter of 2011. THE CANADIAN PRESS

PAUL SAKUMA/THE ASSOCIATED PRESS FILE



▶ Apple co-founder and CEO Steve Jobs.

## APPLE CEO TAKING A BREAK TO FOCUS ON PERSONAL HEALTH

Apple Inc. co-founder and CEO Steve Jobs sent a note to employees yesterday saying he's taking a second medical leave of absence in two years so he can focus on his health.

No further information about his current condition was provided. Jobs said he would continue as CEO and be involved in major decisions but has asked chief operating officer Tim Cook to be responsible for all day-to-day operations.

Jobs was "cured" of a rare form of pancreatic cancer called an islet cell neuroendocrine tumour in 2004. Then, during a six-month medical leave from January to June 2009, Jobs had a liver transplant. Shares of Apple have plunged in the past with news and rumours about Jobs' health. U.S. markets were closed yesterday for the Martin Luther King holiday. THE ASSOCIATED PRESS

## Market moment

| TSX | Dollar |
|---|---|
| – 23.95 (13,440.11) | + 0.23¢ (101.30¢ US) |
| **Oil** | **Natural gas** |
| – 51¢ US ($91.03 US) | 1,000 cu ft Markets closed Gold contracts $1,361.20 (+7¢) |

PRICES AS OF 3 P.M. YESTERDAY

# ADD SOME COLOUR TO MID-WINTER BLUES

**She says ...**

**JESSICA NAPIER**



**Christmas is long gone, I've broken all of my well-intentioned resolutions and my bank account is looking more tragic than ever. Frigid temperatures and a lack of funds have left me housebound this month and my mood, like the weather, has been icy at best. I am well and truly stuck in the post-holiday depressfest known as January.**

It's not just me, of course. Psychologists (perhaps in collaboration with travel agents and chocolate makers) dubbed yesterday Blue Monday, allegedly the most depressing day of the year.

With this not-so-scientific fact in mind, here are five ways to help you defrost your chilly disposition and get out of your seasonal slump. And just think; if yesterday was the most depressing day of the year it can only get better from now on, right?

**"... if yesterday was the most depressing day of the year it can only get better from now on, right?"**

**HIBERNATE WITH FRIENDS:** If you can't beat the blues you might as well make wallowing a group activity. Play board games and put on bad movies you would feel guilty watching during patio season. Add wine when needed.

**HIT THE SLOPES:** If there's one thing Canadians do well it's inventing ridiculously dangerous winter sports. So why not strap on some skis and throw yourself down a steep rock face in the name of fun. Or forget the skiing and skip straight to the après activities, preferably anything that involves a roaring fire and a bearskin rug.

**DECORATE:** If below freezing temperatures have you trapped inside your apartment you might as well make it look good. Yes, you're broke from a season of overspending, but even small touches can go a long way. Invest in new couch cushions, craft colourful wall art and fill vases with fragrant flowers to remind yourself that spring is just around the corner (kind of).

**FIND PLEASURE IN SOMEONE ELSE'S PAIN:** Go online and look up temperatures in a much colder province. When you consider that it was –39 C in Eureka last night (that's in Nunavut for those of you who aren't Canadian geography nerds) the wind chill here doesn't really seem all that bad.

**THROW A JERSEY SHORE THEME PARTY:** Get a spray tan, turn up the heat and squeeze into your tightest Ed Hardy tube top. Invite like-minded Guidos and Guidettes over to fist-pump to the beat of your homemade club-anthem playlist. Drink Ron Ron Juice until you forget what season it is and try not to contract an STD by the end of the weekend.

*Read more of Jessica Napier's columns at metronews.ca/shesays*

**Cartoon**

MICHAEL DE ADDER




# Dressing for success

**Worth mentioning**

Swiss bank UBS AG is revising its dress code after getting roundly mocked for suggesting employees wear skin-coloured underwear and avoid garlic breath.

The bank said yesterday it is whittling down its 44-page style guide to a more modest booklet that will concentrate on how to impress customers with a polished presence and sense of Swiss precision and decorum.

The existing code tells female employees how to apply makeup, what kind of perfume to wear and what colour stockings and lingerie are acceptable. It advises them not to show roots if they colour their hair and to avoid black nail polish.

"You can extend the life of your knee socks and stockings by keeping your toenails trimmed and filed," UBS tells its female staff. "Always have a spare pair: Stockings can be provisionally repaired with transparent nail polish and a bit of luck."

Men are told how to knot a tie, as well as to get a haircut every month and avoid unruly beards and earrings.

Both sexes were advised to avoid garlic or onion breath.

The guidelines recommended skin-coloured underwear for women and wristwatches for all to signal "trustworthiness and a serious concern for punctuality." THE ASSOCIATED PRESS

**Swiss precision**



**How would you describe your dream job?**

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# Lace-Up Exhibition

Skating is a popular topic of conversation among many with the strong support for the Canada Games oval on the Halifax Common.

With that in mind, people can learn how skating became such a big part of our national identity with the Lace-Up Exhibition on display at Pier 21.

The exhibition opened over the weekend and continues until March 27. It looks into the history and importance of skating by focusing primarily on figure skating, speedskating and hockey.

Skating is one of the oldest and most popular recreational and sporting activities in Canada.

Visit pier21.ca for complete details. METRO

RYAN TAPLIN/METRO



▶ Pier 21 is hosting the Lace-Up Exhibition until March 27.

# Morgan takes over King's CNN throne

**British journalist has big shoes to fill Plans to be direct and not pull any punches in his interviews Obama or Boyle? How about both!**

ANTHONY JOHNSON & RICHARD PECKETT
SCENE@METRONEWS.CA

Piers Morgan replaced legendary interviewer Larry King, who, before retiring, hosted CNN's nightly interview show broadcast across the globe for 25 years.

Morgan, one of Britain's most famous journalists, has enjoyed a professional career spanning more than 20 years that saw him evolve from a showbiz columnist, national newspaper editor to a celebrity judge and interviewer.

Morgan found time to sit down with Metro.

**How are you different from Larry King?**
Well, I'm 32 years younger and I've had six less wives. So far! But seriously, I think that we come at interviews in a very different way. Larry prefers not to know too much about his guest so he can chat to them as if they are someone he just met in a bar, and that has worked brilliantly for him for so long. I'm a journalist, so I come at interviews in a more forensic way. I like to do a lot of research and preparation.

**As an interviewer, will you maintain your bullish style?**
Of course! I like being pretty direct, and I don't suffer fools or people trying to pull the wool over my eyes. My guests will get the experience their behaviour deserves. If they're smart and friendly, it will all go fine. If they're dumb and hostile, well — not so fine!

**What's the difference between a more theatrical, entertainment interview (pre-recorded) and a hard news one (live)?**
A pre-recorded interview can be just as 'hard news' as a live one. If not more so. The interview is the same, you just have more time to market and promote the content across all media.

**Who would you rather interview — Susan Boyle or Barack Obama and why?**
I'd like to interview both, maybe at the same time. After all, both are living the American dream, and both are human beings with the same vital organs as the rest of us.

**Is there anything you wouldn't ask?**
No. Nobody has to answer a question; there's no gun to their head. But an interviewer should always be free to ask whatever they like.

IAN GAVAN/GETTY IMAGES



▶ Piers Morgan takes over for Larry King on CNN. His show is on CNN at 9 p.m. (ET) every night.

## 2 scene

### News in brief



The Nielsen Co. says Sunday's Golden Globes ceremony was seen by almost 17 million viewers. It beat all network competition in its time period, slightly exceeding last year's audience for the film and TV awards show.

British comedian-actor Ricky Gervais returned as host, irreverently lampooning many of the nominees, presenters and even the sponsoring Hollywood Foreign Press Association.

THE ASSOCIATED PRESS

Tron: Evolution continues the sorry legacy of games based on feature films

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# We're not a couple, really: Bullock

## Denies any romance with Ryan Reynolds

ALL PHOTOS GETTY IMAGES



Sandra Bullock is doing her best to put the rumors about her and Ryan Reynolds to rest.

"I think there will be a collective sigh amongst women across the United Stated when I say he's not my lover," the Oscar-winner told Al Roker in an interview over the weekend.

"He's just an amazing friend for 10 years," she explained. "But I don't get his loving after dark." METRO

## Talking points

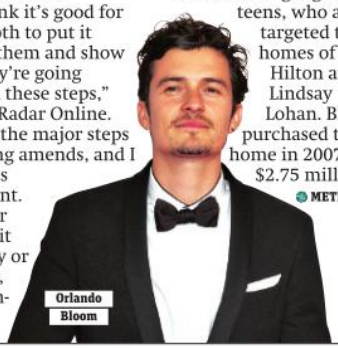
### Fired staffer wants to meet with Lohan

Dawn Holland, the former Betty Ford Center staffer with whom Lindsay Lohan famously clashed with last month, wants to meet with the troubled starlet to bury the hatchet — and Michael Lohan thinks it's a fantastic idea.

"I think it's good for them both to put it behind them and show that they're going through these steps," he tells Radar Online. "One of the major steps is making amends, and I think it's important. Whether they do it privately or publicly, that's another story, but I think Lindsay and Dawn will have that meeting." METRO

### But look what you get

Orlando Bloom is offering up his Hollywood Hills home for rent — for $18,000 a month, according to Radar Online. The four-bedroom, three-bathroom house was famously burglarized in 2009 by actress Alexis Neiers and a gang of teens, who also targeted the homes of Paris Hilton and Lindsay Lohan. Bloom purchased the home in 2007 for $2.75 million. METRO


Orlando Bloom

## Celebrity tweets

### Kanye West



**[@kanye west]** Room service uuuuugh! I hate when I order fruit and I can taste the other food they cut with the same knife. Beef flavored pineapples

### Eva Longoria



**[@eva longoria]** Yes I am sitting next to Zac Efron. I'm sure millions of young girls are very jealous right now!

### Elizabeth Banks



**[@ElizabethBanks]** Cold Coke in a bottle (the Mexican kind) opened in front of me, dripping ice down the sides and like Pavlov's dogs, I'm salivating.




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By Noël Coward

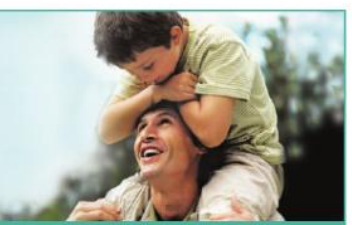
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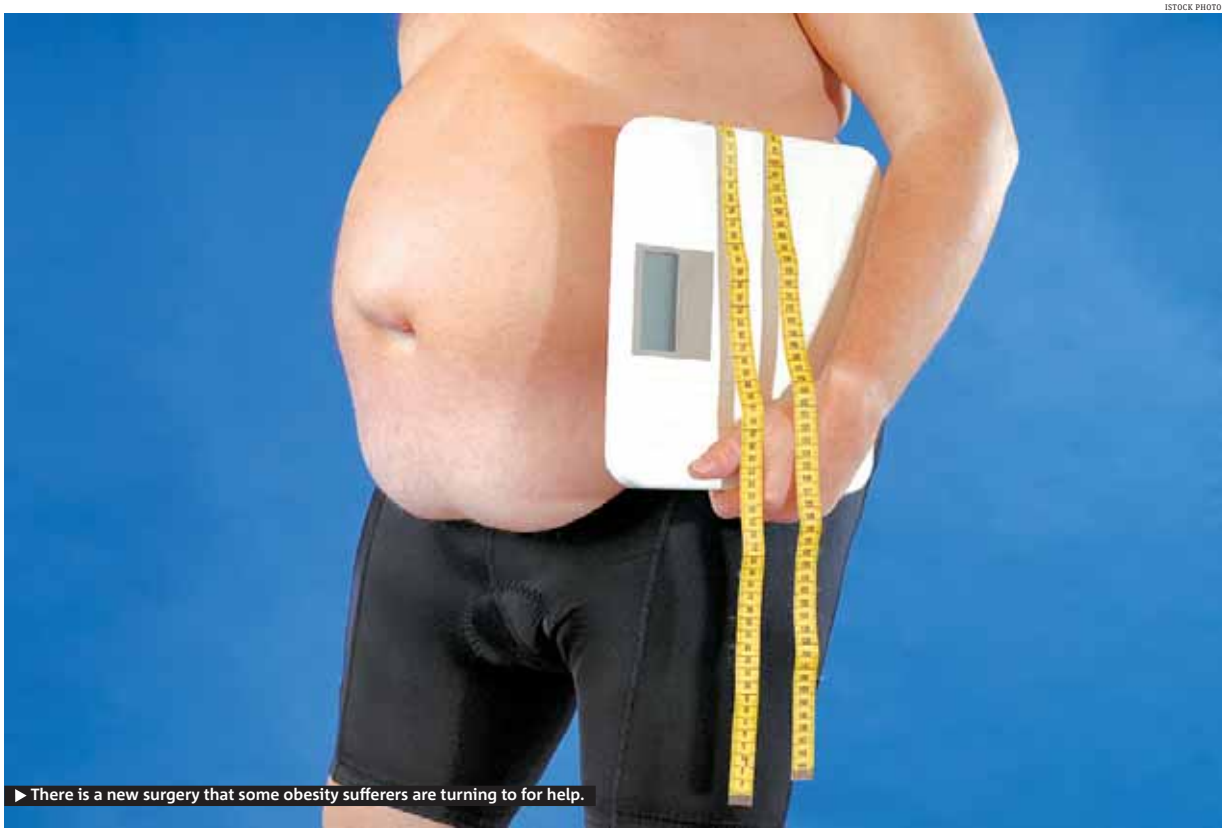
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ISTOCK PHOTO



There is a new surgery that some obesity sufferers are turning to for help.

# On the bandwagon

**Those struggling with obesity are turning to a revolutionary new idea**
**Belly bands are helping with diabetes, high-blood pressure and weight**

CELIA MILNE
WELLNESS@METRONEWS.CA

It's a new weapon in the battle of the bulge.

Belly band surgery is increasingly popular among obese patients. Dr. Chris Cobourn, a general surgeon at The Surgical Weight Loss Centre in Mississauga, performs Lap-Band surgery, and watches as patients as heavy as 575 pounds lose weight and get healthy.

"They love their band. No one wants to be obese. They are incredibly frustrated and depressed and a lot of patients have low self-esteem. This gives them a simple, elegant solution and they are the happiest patients in the world," says Cobourn.

"It's very safe," he adds. "We've done over 3,000 here with no major complications or deaths."

Lap-Band surgery is not for folks who just want to lose 10 pounds. It's for those with a body mass index (BM) over 35 or a BMI over 30 who also have medical problems such as diabetes, high blood pressure or sleep apnea. "It should be about improving one's health. The goal is to induce significant weight loss and keep it off," says Cobourn.

The Centre has a clinic in Vancouver and hopes to open soon in Calgary and on the east coast.

Lap-band surgery is done laparoscopically, and takes about half an hour. The surgeon places an adjustable band around the upper stomach, which decreases the amount of food the stomach can hold. The band can then be adjusted through an access port just under the skin on the abdomen. People generally return to work after about four days. The idea is to lose one or two pounds a week. When weight plateaus, the band gets tightened. If a female patient gets pregnant, the band can be loosened. The procedure has been successful, says Cobourn.

"Only about 10 per cent of patients either didn't lose 25 per cent of their body weight, or asked to have their band removed."

## Fat stats

**Here are some statistics on obesity from the Public Health Agency of Canada.**

- **Obesity** Canada's rate of obesity is about 25 per cent, and rising.
- **Young people** Obesity in young people ages 12 to 17 is at about 10 per cent.
- **Health care** In 2005, obesity-related chronic conditions were thought to cost $1.8 million in direct costs (such as health care) and $2.5 billion in indirect costs (such as absenteeism and loss of productivity).

3 life

## Gamers



Young problem gamers who play compulsively on their consoles and computers may be at greater risk than others for mental health issues such as anxiety and depression, a new study suggests. In Pediatrics, researchers conclude that while game playing itself is not pathological initially, it becomes so for some individuals when the activity becomes dysfunctional.

THE CANADIAN PRESS

Don't exceed top dose of acetaminophen when taking painkillers: Health Canada



MEGHAN TELPNER



# Swap your way to a healthy you

## Forget dieting — simple changes go a long way

DAILY SQUEEZE

MEGHAN TELPNER
DAILYSQUEEZE.CA



It's a new year, and we all want to get healthier. But that doesn't have to mean diet-deprivation – far from it.

By simply replacing certain ingredients, you can turn favourite meals into nutrient powerhouses. These simple tips will help make this your healthiest and most delicious year yet. Let's take a closer look at our nutritional all-stars.

**Swap out: Pasta**
**Swap in: Spaghetti Squash**

Why: When cooked, the flesh of this winter squash closely resembles spaghetti pasta in both appearance and texture. Not only does it keep "pasta" dishes lighter in calories and carbs, it bypasses all refined flour and gluten, while providing a ton of nutrients such as beta-carotene and vitamin C.

Use it: Slice squash in half lengthwise and deseed. Rub open side of squash with olive oil and roast at 400 degrees for 45 minutes. Use in any recipe that calls for pasta.

**Swap out: Refined sugar**
**Swap in: Raw Honey**

Why: Refined sugar is not kind to our bodies, robbing them of important nutrients (B-vitamins and certain minerals), compromising our immunity while causing increasing stress. Compare this to raw, unpasteurized honey, which contains phytonutrients and highly regarded anti-viral properties.

Use it: In place of sugar in baked goods, to sweeten tea, in salad dressings.

**Swap out: White rice**
**Swap in: Quinoa**

Why: White rice is highly processed and devoid of fibre and other nutrients. By replacing it with a grain-like superfood such as quinoa, you get great flavour plus fibre, manganese, and iron.

Use it: Cook as you would rice, simmering for approximately 15 minutes until water is absorbed. Use in a grain pilaf, as a hot cereal, in stir-fries and stews.

### One more swap

**Swap out: Breadcrumbs**
**Swap in: Ground almonds**

**Why?** Breadcrumbs are typically made from nutrient-poor refined flour, negatively impacting our immunity and blood sugar levels. Ground almonds have the same appearance and texture as breadcrumbs, but they're rich in monounsaturated fats. These nuts promote healthy skin, as they are packed with vitamin E.




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# Top five ways to get more energy

1 **Go easy on the caffeine:** Who doesn't rely on their morning latte to get started in the morning? One or two cups will make you feel better, but anything beyond that will have the opposite effect.

2 **Take a walk outside:** Nothing beats a good dose of fresh air and oxygen. Go for a walk.

3 **LOL: laugh out loud:** Laughing releases tension and is one of the best and easiest ways to work your abs.

4 **Have a power nap:** Ten minutes is enough to avoid mid-afternoon slumps

5 **Blow your nose:** Blocked sinuses could cause breathing problems leading to a fuzzy mind and or snoring.

ROMINA McGUINNESS

# Achieving enormous weight loss

CELIA MILNE
WELLNESS@METRONEWS.CA

Tom Saridis, 39, has lost an almost unfathomable 280 pounds — the weight of two smallish adults. In 2006, just before he had Lap-Band surgery, Saridis weighed a colossal 500 pounds. Now he weighs in at 220 pounds, and at six-feet tall, he's delighted he can live a normal life.

Now when Saridis eats, he's thinking about quality, not quantity.

"I used to look for the largest portion on the menu. I'd order a 30-ounce Porterhouse, even if it was tough, when all I need is a four-ounce filet."

He believes in the Lap-Band procedure so passionately that soon after his surgery, he launched the Canadian Institute of Bariatric Options clinic in Toronto, which provides this surgery and the support needed afterward.

Patients who undergo Lap-Band surgery need to learn a new way of eating.

Food has to be chewed carefully and eaten slowly, or they feel sick. Saridis had a great surgeon, but then wondered, "what's next?" Reputable clinics also provide psychological, nutrition and physical fitness services all in one place.

"Surgery is the tool; the care afterward is the road map," he says.

Lap-Band surgery is not covered by provincial health care plans.

At the CIBO clinic, it costs $3,600 down and $299 a month to a maximum of 72 months.



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## Argentina's wine scene



PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA
ON TWITTER: @THEREALWINEGUY

Raise your glass if you remember life before the Internet. Back then if you wanted to learn about something, you had to read a book.

Call me old fashioned, but I love the smell and feel of freshly printed text and have found it sad that while cookbooks seem to be thriving, the release of great wine books has become few and far between.

That's what makes Vino Argentino: An Insider's Guide to the Wines and Wine Country of Argentina (Chronicle Books, $31.95) by Laura Catena such a breath of fresh air.

Not only is it the first really comprehensive volume on the exploding Argentinean wine scene; Catena explores in great detail (and with much love) wine's relationship to Argentina's culture and food.

Her father, Nicolás Catena, owns Catena Zapata in Mendoza — one of Argentina's premier wineries, which I had a chance to tour.

Though the selection of Catena Zapata wines varies across the country, I recommend trying any of them, especially their entry level juice.

The 2009 Alamos Chardonnay ($13.95 - $14.99) is smooth and citrusy with a touch of oak that makes it a tasty match with creamy white sauces.

**PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

# Moda's fusion menu and focus on local foods are en vogue

**This relaxed fine dining experience offers something special for downtown's urban lunch crowd**

VALERIE MANSOUR



▶ Moda's fish cakes are served with saffron and aioli.

## LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONEWS.CA



Moda offers elegance and comfort in the space that was formerly occupied by the Turkish restaurant, Anatolia.

There's a fusion menu with a welcomed emphasis on local ingredients.

My friend and I share the mussels, steamed in white wine with smoked bacon, herbs and cream.

The mussels are large and fresh and the sauce is delicious. We're tempted to ask for bread to sop it up, but it's so rich that we resist.

The Prosciutto Arugula Spinach Salad is a visual and gastronomic treat that also includes red onions, tomatoes, cucumber, strawberries, cashews, feta and balsamic vinaigrette.

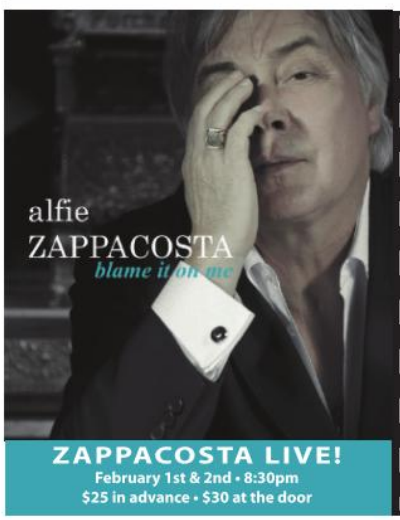
The humble Fish Cake has come a long way. These cakes are a mix of halibut, salmon, shrimp, and scallops, cooked perfectly with a crusty exterior. Served with a saffron aioli, the flavour is lovely. Not a crumb remains.

Our server is overly attentive but it's not busy here, even though it's a satisfying choice for that special lunch.

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4 sports

More sports



**A week after being let go by the New York Islanders, New Glasgow's Jon Sim has signed with Gotteron of Switzerland's National League A. Sim, a 33-year-old winger, appeared in 34 games with the Islanders this season and has 139 points in 469 career NHL games.**

# Deadeye Leighton just wants to win

## Long-bomber making an impact after transfer to Dalhousie



MATTHEW WUEST
@METRONEWS.CA

Peter Leighton is back on the court and in hot pursuit of Atlantic University Sport history.

The Halifax native, who starred for four years with the Acadia Axemen, has transferred to hometown Dalhousie after a year off and — now sporting a Tigers jersey — is up to his usual tricks with his deadly three-point shooting.

Leighton has 18 three-pointers in eight games to give him a career total of 179, fourth in AUS history behind former greats Scott Morrison (220), Jeff Saxby (206) and Jordan Croucher (189).

"It's great because all of those names are well-known and a lot of those guys I grew up watching," said Leighton, who wasn't aware of his all-time positioning until informed by Metro.

"If I can move up in the ranks, great, but the main thing for me this year is I came back to win, and I want our team to be successful."

Leighton, who has helped the Tigers get off to a 6-2 start, made a name for himself in 2008 with his clutch heroics in Acadia's historic Final 8 double-overtime semifinal upset of Carleton that ended the Ravens' dynasty at five years.

Perhaps most impressive is that the six-foot guard has a career three-point percentage of 45.4 per cent, nearly 10 per cent more accurate than anybody ahead of him on the all-time AUS list.

"He's a very good shooter," said Tigers head coach John Campbell. "If he gets his feet set on the catch, you can pretty much count on it."

The 23-year-old is taking science courses at Dal as he works toward gaining admittance to medical school. He hopes to help Dal get to the Final 8 in March so he can finish his career under the Metro Centre lights.

"If we can bring it together, we have a good chance of getting there," he said. "If I get a chance to play at (the Final 8) in front of my hometown, it would be really awesome."

### Gaining ground

**Leighton needs 42 three-pointers in his final 12 games to break Scott Morrison's all-time record of 220.**

**He gets started tonight** at 8 p.m. at the Tower when the Tigers visit the Saint Mary's Huskies, 4-7. The women's teams square off at 6 p.m.



▶ Peter Leighton has transferred from Acadia to Dalhousie and is in pursuit of AUS history.



# Marino advances at Open

## Canadian wins her second career Grand Slam match ◗ Dancevic loses opening match Down Under

Vancouver's Rebecca Marino advanced into the second round of the Australian Open yesterday, while Canadian qualifier Frank Dancevic was outplayed in his opening match by No. 28 Richard Gasquet.

Marino, ranked 106th in the world, won her second career Grand Slam match, defeating Japan's Junri Namigata 6-2, 4-6, 6-3.

"I'm pretty happy with how I played in the third set," said Marino. "I went up 5-0, I had a good intensity level, serving and returning was good. I did have a dropoff on the focus, but I was able to gather it up at the end.

"I'm happy with the entire match."

The 20-year-old Marino, who failed to qualify at preliminary WTA events this month in Brisbane and Sydney, will face her second top-10 opponent is as many majors when she plays French Open champion and sixth seed Francesca Schiavone in the second round.

Marino lost to Venus Williams at last year's U.S. Open after advancing to the second round as a qualifier.

Schiavone advanced with a 6-7 (4-7), 6-2, 6-4 win over Arantxa Parra Santonja of Spain. Marino and Schiavone have never faced each other.

"I'm excited, Schiavone is a great player. From what I hear maybe she's a bit injured, but I'll expect her to be on her A game. She had a tough match today but it's great to play one of the top players."

THE CANADIAN PRESS

### Earlier today

**Rafael Nadal's quest to complete his "Rafa Slam" at the Australian Open started with a first-round victory that lasted only 47 minutes this morning.**

- Nadal led 6-0, 5-0 when his Brazilian opponent Marcos Daniel retired with a left knee injury.

VINCENT THIAN/THE ASSOCIATED PRESS



▶ Rebecca Marino makes a backhand return to Junri Namigata yesterday.

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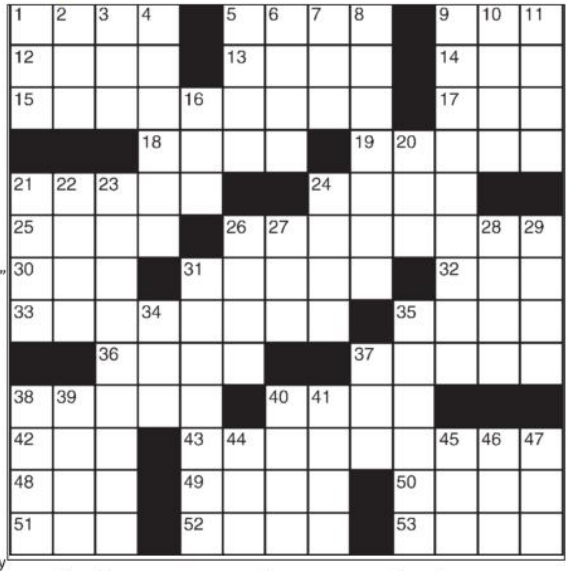
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## Crossword



**Across**
1 Entreaty
5 Reverberate
9 Hope or Newhart
12 Skirt edges
13 Christmas refrain
14 Rhyming tribute
15 Instrument panel
17 Intention
18 Group of actors
19 Greene of "Bonanza"
21 City-related
24 "Leave It to Beaver" dad
25 Any moment now
26 Square dances
30 Greek vowel
31 Journal
32 "That feels so good"
33 Rump
35 Hodgepodge
36 Uses a shovel
37 Bracelet location, maybe
38 Throng
40 Timbuktu's country
42 Blood-group letters
43 Go downhill, in a way
48 Keanu, in "The Matrix"
49 Albacore
50 Pleasant
51 P.E. venue
52 Remain
53 Cabbage salad

**Down**
1 Third degree?
2 Meadow
3 Type squares
4 Garbage receptacle
5 Eve's grandson
6 Layer of paint
7 That girl
8 Wife or mother, slangily
9 "Monopoly" property
10 Valhalla VIP
11 Everly Brothers' "Let It —"
16 Prohibit
20 Acapulco gold
21 Secondhand
22 Memory method
23 Staff meeting site
24 Existed
26 Hastens
27 Rowing need
28 Hammer's target
29 Oxford, e.g.
31 Literary condensations
34 Disencumber
35 Toppers for Whoppers
37 Priestly garment
38 Suspend
39 Do as you're told
40 "—Lisa"
41 Vacationing
44 Wacko
45 Have a bug
46 Nipper's co.
47 Morning moisture

▶ Yesterday's answer

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | M | U | S | ■ | O | H | O | ■ | S | T | A | B |
| K | I | L | O | G | R | A | M | ■ | A | R | I | A |
| E | N | T | A | N | G | L | E | ■ | L | I | D | S |
| ■ | ■ | ■ | P | A | Y | ■ | L | L | A | M | A | S |
| M | O | T | E | T | ■ | S | E | A | M | ■ | ■ | ■ |
| E | G | A | D | ■ | E | N | T | W | I | N | E | ■ |
| G | R | R | ■ | S | M | U | T | S | ■ | O | R | B |
| ■ | E | N | T | E | B | B | E | ■ | M | O | N | O |
| ■ | ■ | ■ | E | R | O | S | ■ | N | A | K | E | D |
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| O | D | O | R | ■ | E | N | T | R | A | C | T | E |
| L | A | M | A | ■ | R | E | L | I | G | I | O | N |
| A | M | E | N | ■ | S | O | L | ■ | E | D | G | E |

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | | 7 | 1 | | 9 | 5 | | 6 |
| | | 3 | | | | 1 | | |
| 2 | 1 | | | | | | 3 | 8 |
| | | | 2 | | 3 | | | |
| | 9 | | | | | | 5 | |
| | | | 8 | | 4 | | | |
| 5 | 3 | | | | | | 9 | 4 |
| | | 6 | | | | 8 | | |
| 1 | | 9 | 3 | | 7 | 2 | | 5 |

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 9 | 1 | 2 | 8 | 5 | 4 | 3 | 6 |
| 8 | 5 | 6 | 4 | 1 | 3 | 9 | 2 | 7 |
| 3 | 4 | 2 | 7 | 6 | 9 | 8 | 1 | 5 |
| 1 | 8 | 7 | 9 | 4 | 6 | 2 | 5 | 3 |
| 9 | 2 | 4 | 5 | 3 | 1 | 6 | 7 | 8 |
| 5 | 6 | 3 | 8 | 2 | 7 | 1 | 9 | 4 |
| 6 | 3 | 5 | 1 | 9 | 4 | 7 | 8 | 2 |
| 2 | 7 | 9 | 6 | 5 | 8 | 3 | 4 | 1 |
| 4 | 1 | 8 | 3 | 7 | 2 | 5 | 6 | 9 |

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*Dear Harshvardhan Partap Singh, I just love you the way you are. You are the best thing ever happened to me in life. Love the way you cook... I hope you read it while travelling to school on the go!* **YOURS FOREVER...**

*To my baby i love you soooooo much you mean the world to me, your smile lights up a room, you make my heart melt me and you for life baby* **YOUR HUBBY!!!!!!**

*ate maritess, happy birthday!thanks for being such a blessing to all of us.i hope the best of the bests for you,and so with niko and nikki.we so love you.you're great!keep it up! Godbless.* **LOVELOTS, ELIESE**

*all the kids call you ms. honey. you are the sweetest teacher i ever met, and i want to send you all my love sealed with a kiss. You always will be special in my life.* **FROM YOUR: CHERI BLOSSOM.**

**Today** 1°/-2° Variable
**Wednesday** 5°/-6° Rain 90%

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## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

**♈ Aries March 21-April 20** You will be hugely assertive today and that's good because if you believe in your abilities and if you are prepared to take risks anything is possible.

**♉ Taurus April 21-May 21** Your imaginative powers are strong at the moment but that will only be a good thing if you know how to keep self-doubt at arm's length. Focus on positive thoughts only.

**♊ Gemini May 22-June 21** Today's link between your ruler Mercury and power planet Pluto will encourage you to be inventive, especially in finding ways to make money. Think of something that has not been done before – then do it.

**♋ Cancer June 22-July 22** Unexpected developments of some sort will catch just about everyone by surprise today but if you stay calm and look for ways to turn them to your advantage you will benefit while others struggle.

**♌ Leo July 23-Aug.23** You won't care in the slightest what other people think or say about you today. That frees you to take chances – and win.

**♍ Virgo Aug. 24- Sept. 22** With Mercury, your ruler, linked to power planet Pluto today the way you interact with employers and senior colleagues is of the utmost importance. Make sure you respect them, even if they don't always respect you.

**♎ Libra Sept. 23-Oct. 23** Resist the urge to make value judgments about people whose personal lives you don't know much about. No one is perfect. We all have our failings.

**♏ Scorpio Oct. 24-Nov. 22** Act quickly if someone in a position of power makes you the proverbial offer you cannot refuse today. If you don't take them up on it one or more of your rivals wil.

**♐ Sagittarius Nov. 23-Dec. 21** If you need to do something that is going to take a lot of energy now is the time to get started. Your mind is a powerful tool and if you use it correctly today you can overcome any obstacle and reach any objective.

**♑ Capricorn Dec. 22-Jan. 20** Today's Mercury-Pluto union will endow you with the kind of faith that can move mountains – so get moving!

**♒ Aquarius Jan. 21-Feb. 18** The more others say you should be respectful of people in positions of power the more you will go out of your way to show you are a free individual and you bow to no one's authority. Good for you!

**♓ Pisces Feb. 19-March 20** It's natural that you feel a bit concerned about some of the things going on in your world, but nothing bad will happen to you personally. Even if it did, you've got the skills to talk your way out of it. SALLY BROMPTON

## Caption contest

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# AIR CANADA VACATIONS

# Deals of the week

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## CARIBBEAN & MEXICO

### HOT DEALS • 1 WEEK

**BERMUDA**
**Grotto Bay Beach Resort**
Superior oceanview rm. • Feb. 12 & 26
$899 +Taxes & other fees: $111

**DOMINICAN REPUBLIC | Samana**
**Bahia Principe Roulette**
All-Inclusive • Run of the house • Feb. 24
$1239 +Taxes & other fees: $170

**DOMINICAN REPUBLIC | Punta Cana**
**Gran Bahia Principe Punta Cana** PRIVILEGES
All-Inclusive • Junior suite • Feb. 5
$1239 +Taxes & other fees: $170

**DOMINICAN REPUBLIC | Punta Cana**
**Occidental Grand Punta Cana**
All-Inclusive • Junior suite • Feb. 5
$1279 +Taxes & other fees: $170

**JAMAICA**
**Sunset Jamaica Grande Resort & Spa** PRIVILEGES
All-Inclusive • Traditional standard rm. • Feb. 7 & 28
$1329 +Taxes & other fees: $98

**JAMAICA**
**Gran Bahia Principe Jamaica** PRIVILEGES
All-Inclusive • Junior suite • Feb. 7 & 28
$1649 +Taxes & other fees: $98

**BAHAMAS | Nassau via Toronto**
**Atlantis Resort, Paradise Island**
Beach tower terrace rm. • Feb. 7 - 9
$300 INSTANT AIR CREDIT • 1 NIGHT FREE • BREAKFAST FOR 2 INCL.
$1619 +Taxes & other fees: $132

**CUBA | Varadero**
**Allegro Varadero**
All-Inclusive • Superior rm. • Apr. 1 & 8
$929 +Taxes & other fees: $155

**CUBA | Varadero**
**Sirenis La Salina Varadero Beach Resort**
All-Inclusive • Standard rm. • Feb. 25, Mar. 18 & 25
$1199 +Taxes & other fees: $155

**CUBA | Holguin**
**Sirenis Playa Turquesa**
All-Inclusive • Superior rm. • Mar. 26 - Apr. 16
$1099 +Taxes & other fees: $155

**CUBA | Cayo Coco/Cayo Guillermo**
**Iberostar Daiquiri**
All-Inclusive • Standard rm. • Mar. 19 & 26
$1189 +Taxes & other fees: $155

**MEXICO | Cancun/Riviera Maya**
**Grand Sirenis Riviera Maya Resort & Spa**
All-Inclusive • Junior suite • Apr. 17
$1249 +Taxes & other fees: $245

**MEXICO | Cancun/Riviera Maya**
**Gran Bahia Principe Tulum** PRIVILEGES
All-Inclusive • Standard rm. • Apr. 17
$1369 +Taxes & other fees: $245

**BERMUDA**
**The Fairmont Southampton** PRIVILEGES
Fairmont rm. • Feb. 12 & 26 • 1 wk
$1659 +Taxes & other fees: $111

## BARCELÓ HOTELS & RESORTS

### ALL-INCLUSIVE • 1 WEEK

**DOMINICAN REPUBLIC | Puerto Plata via Toronto**
**Barceló Puerto Plata** PRIVILEGES
Superior rm. • Feb. 4 & 11
$1269 +Taxes & other fees: $175

**MEXICO | Cancun/Riviera Maya**
**Barceló Maya Beach**
Superior rm. • Apr. 17
$1319 +Taxes & other fees: $245




## USA

**MASSACHUSETTS | Boston**
**Hyatt Regency Boston**
Double or twin guest rm. • Feb. 13, 14 & 19 • 3 nts.
$499 +Taxes & other fees: $115

**NEVADA | Las Vegas via Montreal**
**Imperial Palace Hotel & Casino**
Deluxe rm. • Feb. 2 • 3 nts. • SAVE 30%
$599 +Taxes & other fees: $127

## EUROPE



**ENGLAND | London**
**Hotel Ibis London Earls Court**
Breakfast • Standard rm. • Feb. 10, 17 & 24 • 4 nts.
$749 +Taxes & other fees: $431

**FRANCE | Paris via Montreal**
**All Seasons Paris Gare de l'Est**
Breakfast • Standard rm. • Feb. 10, 11 & 17 • 3 nts.
$819 +Taxes & other fees: $420



## CARIBBEAN CRUISES • 1 WEEK

**Princess Cruises[1] | Caribbean Princess®**
**Southern Caribbean Cruise**
Flights to San Juan via Toronto • Interior statetoom, cat. K • Apr. 3 & 10
$1189 +Taxes & other fees: $137

**Carnival Cruise Lines[2] | Carnival Victory®**
**Southern Caribbean Cruise**
Flights to San Juan via Toronto • Interior statetoom, cat. 4B • Mar. 27
$1229 +Taxes & other fees: $143

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